

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

His Finances.

"Say, Jack, lend me an X."
"That's an unknown quantity with me, dear boy."

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVER. Cures a Cold in One Day, Cures Grip in Two Days. No.

Love does not always wait for poverty to enter the door before it flies out of the window.

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Adv.

Little Rock, Ark., citizens the other day caught a wandering alligator in a street near his home.

THIS WOMAN'S SICKNESS

Quickly Yielded To Lydia E. Pinkham's Vegetable Compound.

Baltimore, Md. — "I am more than glad to tell what Lydia E. Pinkham's Vegetable Compound did for me. I suffered dreadful pains and was very irregular. I became alarmed and sent for Lydia E. Pinkham's Vegetable Compound. I took it regularly until I was without a cramp or pain and felt like another person, and it has now been six months since I took any medicine at all. I hope my little note will assist you in helping other women. I now feel perfectly well and in the best of health." — Mrs. AUGUST W. KONDNER, 1632 Hollins Street, Baltimore, Md.



Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Be Vigorous and Ambitious

Drive the poisonous waste from your clogged-up bowels, and start your liver to working perfectly with gentle, blissful HOT SPRINGS LIVER BUTTONS.

They purify the blood, put an edge on the appetite and put vigor and ambition into people who lack energy.

Take them, and headache, nervousness, sleeplessness and dizziness will vanish. They are simply fine, especially for women, and elderly people.

Cut out enlivening and other makeshifts. Take little chocolate coated HOT SPRINGS LIVER BUTTONS for a week, and notice the complexion clear up, and pimples vanish. All druggists, 50 cents. Free sample from Hot Springs Chemical Co., Hot Springs, Ark.

HOW AMERICAN WOMEN KEEP HOUSE IN THE GREAT PANAMA CANAL ZONE

Housekeeper Not Entitled to Commission Quarters Has Her Troubles—Public Market a Redeeming Feature Where Rents Are High and Accommodations Are Very Poor—Furnished Flat in the City.

Washington.—Much has been written about the comfortable quarters and well managed commissaries which Uncle Sam maintains for his employees



Street Scene in Town of Empire.

in the canal zone, but one never hears about the hundreds of American women keeping house in the city of Panama without these advantages, says a writer in the Washington Post.

With few exceptions, no one can live in the zone excepting those entitled to commission quarters. There are hundreds of Americans in business in Panama who do not enjoy this privilege. To this list are added several hundred Americans awaiting their turn for government quarters; many of them have been waiting for two years.

The first thing such people have to contend with is the difficulty of getting rooms. There is only one house in town used exclusively as a residence, and there is no such thing as a residential district. Even the most fashionable people live over stores. We lived over one of the most notorious saloons in town. It might have been a dry goods store or a bakery, but it just happened to be a saloon or cantina, as the Panamanians call them.

The rents are very high, and the sight of an American looking for a home is the signal for the rents to soar even higher. The majority of Americans live in from two to five rooms. All of the buildings have



Cold Storage Plant, Cristobal.

showers, a kitchen sink and little other plumbing.

Before the Americans came there were no sewers and no plumbing, and the improvements when introduced had to be put wherever space could be found in the old houses. As a

WHOLE TRIBE IS DISBANDED

Japanese Police Scatter Clan of Desperate Brigands—Had Refuge in the Mountains.

Tokyo.—An entire native tribe devoted to brigandage has just been broken up and scattered by the Japanese police. With their elimination, something has been learned of how these robbers operated.

The tribe has been compared to the automobile bandits of France, in that they hung together for self protection and resisted the authorities with the same dogged determination.

This robber clan, numbering about 3,000, had its refuge in the mountains of Hakone. It had existed since the old days of feudalism, and a long list of depredations, savage, ruthless, and cruel in character, has been laid at its door. In times of peace, that is when the pursuit of the authorities was not too persistent, the bandits would live with their wives and children in tents down in the valleys. The men went out as umbrella menders, locksmiths or beggars, their real pur-

pose being to reconnoiter the field for robbery.

Their system of operation was always cautious, but they fought desperately when cornered. By well-balanced robberies and murders they kept whole prefectures terrorized for months at a time. At the first indication of real danger, however, the tribe disappeared into the mountains.

Several policemen who tracked the bandits were killed and their bodies mutilated. Recently four detectives succeeded in joining the band by a ruse, and it was by that means that the leaders were arrested and the gang scattered.

Issue Many Licenses to Wed. Philadelphia.—During 1913, marriage licenses were issued to 16,122 couples here. This is an increase of 757 over 1912, and established a new record.

Shop Girl's Chance to Rest. Shop girls in London have a country house where they rest at intervals from their labors.



Doctor's Quarters, Colon Hospital.

commissary books for you; if not you have to manage as best you can at the local market. As a matter of fact, there is hardly any one in Panama who has not some friend who will get him commissary books. This abuse of the privilege has made it very hard for those who are really entitled to it, for recently the commissary has stopped all deliveries in Panama.

The market in Panama is a great institution and a woman can do very well if only she knows how. The tropical fruits and vegetables are good and the fish is delicious.

In the early morning, before daylight, the natives come from up the coast in their dugouts or "cayucas," as they are called. They come in on the high tide, and when the tide goes out they sell their produce on the beach. This market on the beach is one of the sights of Panama, and, in fact, one of the most interesting things of its kind in the world.

By daylight, or soon after, all the cooks are there with their market baskets, and then such a babel! Every country in the world is represented—Jamaicans, Barbadians, Italians, Greeks, the tall and picturesque Martinique negroes, the Chinese and the Panamanians.

On the beach are piled yams, coconuts, papayas, plantains, pineapples, bananas, mamays and little na-

tive oranges, full of seeds but sweet.

The yam is perhaps the most common of the vegetables. It tastes very much like a sweet potato.

The plantain looks like a huge banana, but has to be cooked and is generally served as a vegetable. This, too, tastes like a sweet potato. Fried plantain and bacon is a favorite dish.

And speaking of meat, that is where the average American stops in her marketing in Panama. The meat is either very fresh or tainted. At this point the cold storage is a blessing. The meat is brought down from the United States and is tested, so that it is safe.

Another thing upon which the housekeeper is very dependent is the cold storage butter. The only other kind to be had in Panama is tin but-



Residential Architecture of Canal Zone.

ter, costing a great deal and tasting like lard.

The dry goods stores are really very good, and many things are much cheaper than they are at home. Lace, silk, linen and French trimmings are inexpensive. On the other hand, shoes are expensive. In fact, this is a place of cheap luxuries and expensive necessities.

One of the difficulties a housekeeper has to contend with is the endless variety of entomological specimens. In our rooms we have five varieties of ants, from the little red ant that cannot be discouraged by water to the flying ant, which was always attracted to the dinner table by the light above. Scorpions were daily visitors and, of course, cockroaches. Every trunk, bureau drawer or box made a home for cockroaches. It was never wise to put on a hat that had not been worn for a few days without first looking inside.

No matter how clean you keep your own apartment they will come in from the neighbor's. I have frequently been reminded of an advertising placard in a street car, "On the job all the time." That is what housekeeping and housecleaning amount to in the tropics. But life in Panama has its compensations. It is a quaint little



Scene Typical of Panama Region.

city and the people and their customs have a very interesting side. The old order is quickly passing and it is something to have lived there before all the quaintness has gone and the city has become thoroughly Americanized.

THIEVES LEFT THE FLOWERS

Gained Entrance to Flat by Bringing Beautiful Floral Gifts, Then Stole Jewels.

Paris.—Paris politeness extends even to its burglars, two varietal Beau Brummels of burglary being discovered this week.

The pair, who were well dressed, called on the concierge of a flat building in an aristocratic quarter and asked if a tenant, Mme. Doublard, was at home. Each carried a bouquet of expensive flowers.

Impressed by their appearance, the concierge said that he believed that madame was out, but they could ascend in the elevator and inquire. They descended half an hour later without the flowers, bowed politely to the concierge, and went away.

Several hours later Mm. Doublard returned and discovered that her flat had been ransacked. Two hundred dollars in cash, together with valuable jewels were missing. On a table, carefully placed in vases, were the bouquets.

In Winter Pe-ru-na CATARRH TONIC For COUGHS & COLDS

M. R. Samuel McKinley, 1215 Grand Ave., Kansas City, Mo., writes: "I can honestly say that I owe my life to Peru-na. Traveling from town to town, and having to go into all kinds of badly heated buildings, plying my trade as auctioneer, it is only natural that I had colds frequently."

"Last December I contracted a severe cold which, through neglect on my part, settled on my chest. I heard of Peru-na. It cured me, so I cannot praise it too highly."

Those who prefer tablets to liquid medicines can now procure Peru-na in tablet form.

The Wretchedness of Constipation

Can quickly be overcome by

CARTER'S LITTLE LIVER PILLS.

Purely vegetable

—act surely and gently on the liver. Cure

Biliousness, Head-

ache, Dizzi-

ness, and Indigestion. They do their duty.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. D. Wood

BUILT ON GREAT ORE BANK

Site of Minnesota City Will Be Moved

So That Riches Underneath

May Be Mined.

One billion dollars of value is concentrated within the six miles square of a single township in the Minnesota Iron region. Stuntz township, containing the cities of Hibbing and Chisholm, is an almost continuous mass of high-grade ore, about five hundred feet in depth. The value of the score of big properties—including the two greatest iron-ore producers in the world—is not less than one billion dollars. But Hibbing, sitting on a mine, is not happy. It has to move. The property was acquired subject to mineral rights (says the World's Work). The mining pits, opened by steam shovels from one to five miles in three directions and converging at the city limits, show that the city's 10,000 inhabitants dwell on a great bank of solid ore. The fee and leaseholders express a desire to be liberal and to pay generous damages to property-owners; but the city must change its base. It is moving along on the installment plan, and soon a brand-new Hibbing will appear nearby, with schools, churches, banks, parks, and libraries.

Never Goes.

"I understand he's an osteopath."

"I don't know, but if he is, I'll tell you one thing—he never goes to church."

Appetite Finds Ready Satisfaction

In a bowl of

Post Toasties

and Cream.

Thin, crisp bits of Indian Corn—cooked and toasted so that they have a delicious flavour—

Wholesome Nourishing Easy to Serve

—sold by Grocers everywhere.